

Reconnect to Your Health on National Women's Check-Up Day

Chances are you've probably taken your child to the pediatrician or reminded your college student to schedule a doctor's appointment recently. But when was the last time you scheduled an appointment for yourself? The fourth annual National Women's Check-Up Day, Monday, May 15, is a part of National Women's Health Week, coordinated by the U.S. Department of Health and Human Services (HHS).

Why National Women's Check-Up Day is Important

- Moms make sure their families stay healthy throughout the year, so the day after Mother's Day is "her time" to see the doctor.
- Many of the leading causes of death among women are especially preventable and treatable if the warning signs are caught early.
- Remind your mom, as well as the other special women in your life, to make an appointment to get important life-saving screenings.

Take Part in the WOMAN Challenge

An exciting part of National Women's Health Week 2006 is the WOMAN Challenge, a national effort to get "Women On the Move Across the Nation."

- The eight-week Challenge starts on Mother's Day, and you can register as an individual or team at www.womenshealth.gov/whw starting March 1.
- You will receive a free pedometer and walking log to help you meet your walking and movement goals, and prepare to begin your step toward healthier living!

More About National Women's Health Week

- In addition to scheduling a check-up in honor of National Women's Check-up Day, learn more about National Women's Health Week activities happening in your area. Log on to www.womenshealth.gov/whw starting March 1 and find a health screening or event that you can attend.
- Download materials for a specific health topic that interests you. The Web site offers helpful information on over 800 different health topics.
- HHS also offers *A Lifetime of Good Health: Your Guide to Staying Healthy*, offered in both English and Spanish. This helpful guide explains what tests and screenings are important based on your age and background. Order this guide or other health materials by calling 1-800-944-9662 or by visiting <http://www.womenshealth.gov/pub/PG.htm>.

Did You Know?

The top three causes of death among women are heart disease, cancer, and stroke. The Office on Women's Health suggests these five ways to help prevent these and other diseases:

- Getting a regular check-up, at least once a year
- Being physically active, like taking a walk every day
- Eating a healthy diet that includes fruits and vegetables
- Not smoking
- Following general safety rules, like wearing your seat belt